

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): YWCA Duluth: Duluth, MN

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Goal: To provide necessary services, pre-natal/post-partum case management, housing, education, referral, advocacy, and etc in Duluth and surrounding areas.

For the period/quarter: January 1, 2017 – April 30, 2017/Quarter 3

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Recruit, hire, and train 'Case Manager II' position. Provide training and support to grant funded staff. Attend Grantee Meetings. Complete all required grant reporting and data collection.		Young Mothers Program was fully staffed this quarter. Time was spent providing staff with on-going training opportunities focused on mental health. Housing Case Manager and Case Manager II attended Spring Grantee Meeting. Program Director and Case Manager II were trained on 'Mothers & Babies' curriculum to provide pre and peri natal women with depression screens and mental health interventions.	
Outreach	Maintain program waiting list and provide any needed assistance or advocacy to women on the list. Provide on-going community education opportunities for women not in residential program, maintain visibility in the community, collaborate with community service providers, and expand outreach and advocacy services to women that utilize the		Program staff provides advocacy and assistance with basic need items for women and infants on residential program wait list. Daily programming continues to be provided for all PA clients. On-going collaborations and relationship building with medical practitioners, doulas, housing agencies, Head Start, etc continues to assist program in building capacity.	

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	YWCA Early Childhood Education Center.			
Car Seat Program	Provide car seat education; provide car seats for women.	5	<p>Seven program participants received 'Car Seat Safety' held by certified trainer from St. Louis county during this quarter.</p> <p>Zero program participants received 'Car Seat Safety' training by a state certified instructor and received a car seat.</p>	<p>7</p> <p>0</p>
Case Management Services	Residents of the Young Mother's Program will meet with Housing Case Manager weekly to work on Independent Living Skills Plans, goal setting, assessments, resource, referrals and advocacy services.	21	<p>Eight residential program clients participated in weekly case management meetings to create Independent Living Skills Plans (ILSP), update ILSP's, address barriers to goal reaching, and success planning.</p> <p>Case Manager also acts as a model/mentor for what healthy relationships are. This assists is positive boundary setting, effective communication, and relationship building.</p>	119 sessions
Case Management – Prenatal/Post-partum	Young Mother's Program residents, former residents, wait list participants, and eligible women utilizing the YWCA Early Childhood Education Center, meet with Case Manager II (bi-weekly). Assistance/support attending pre-natal appointments, birth plans, pre-natal education, post-partum meetings.	40	Five clients completed the intake process with Case Manager II and fourteen participants received bi-weekly case management services. Case Manager II is providing pre-natal education & programming, as well as, post partum support for new moms. Provided weekly programming focused on Abusive Head Trauma, Sleep Safety, Infant CPR, Child abuse Prevention, and First Aid.	121 sessions

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Childcare	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances.	5	Provided 3 clients with advocacy & assistance enrolling child or maintaining enrollment in Early Childhood Education Program and Head Start.	3
			Provided 6 clients with emergency childcare assistance.	6
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	Seven clients received sleep safety education (outreach + residential clients) only. 4 clients received sleep safety education and received a pack and play for infant.	7 4
Education Assistance	Provide daily tutoring services; provide education planning assistance; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours.	5	4 clients received tutoring services. Tutoring groups are held on a weekly basis. Case Manager supports students through relationships with teachers, administration, and weekly attendance checking.	4
Employment Assistance	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	3 clients received employment assistance. Employment assistance included; resume creating, mock interviews, and working with local employment and training program as both a training site and to get clients placed in jobs.	3

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Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs.	5	<p>Provided four participants with assistance filling out application for MFIP (Minnesota Family Investment Program) and completing monthly household income reporting, to maintain compliance with program.</p> <p>Provided six participants with assistance with basic need items.</p>	4
Housing Assistance	Women develop a plan that includes how they will support an apartment financially, what to do if they have a poor renter's history, credit counseling, and how to access other resources. Program manages and maintains 7 efficiency apartments and operates as 'Supportive Housing' program for women (ages 16-21) and children (birth-5). Collaborates with local HRA (Housing Authority) to provide access to affordable housing upon completion of program.	5	<p>Continue to manage and maintain seven efficiency apartments, in addition, collaborate with the Duluth HRA on client preference list and intake process. Housing program also participates in the Affordable Housing Coalition and works with community housing providers to obtain safe and affordable housing for residents as they transition out of program.</p> <p>Also worked with outreach clients on completing applications for Public Housing and Section 8.</p>	4
Life-Skills Education Program	Provide all participants in residential program with Ansell-Casey Life Skills Assessment. Work with individuals to create Independent Living Skills Plan and goal setting, based off of needs gathered in assessment (housing, parenting, healthy support systems, health & wellness, transportation,	42	Eight residents participated in life skill programming 2x per week. Programming focused on areas addressed in Ansell-Casey Life Skills Assessment; parenting education, nutrition and cooking education, healthy relationships and trafficking prevention, employment assistance, education advocacy & tutoring, renter's rights & responsibilities, diabetes prevention, smoking cessation, mental health and financial literacy are some of the areas that programming was focused on this quarter.	272 groups

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	employment, education, and etc). Residents will participate in at least 2 groups each week.			
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Twelve clients received assistance obtaining basic need items such as food, formula, diapers, wipes, etc. In addition to providing material support, each client also received referrals to WIC, Women's Care Center, Salvation Army, food shelves, etc.	12
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment.	5	3 clients continue to receive therapeutic services from LICSW that collaborates with program. 2 clients received mental health referrals, and 3 additional participants work with Case Manager II on 'Mothers & Babies' curriculum, learning skills to improve maternal mood and support attachment. Staff supports client's treatment plans as they address mental health issues. Provided programming focused on stress reduction.	8
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed. In addition, cooking, food preservation, and budgeting programming will be provided monthly.	5	Eight clients participated in monthly nutrition education programming. All clients keep food journals and work with staff to create monthly food budgets. In addition, all eligible participants enrolled in the WIC program and work with public health nurse on nutrition recommendations for themselves during pregnancy and their infants.	24

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Pregnancy Testing/ Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness.	1	This quarter, 2 clients were provided assistance creating birth plans. Pregnant participants (2) were offered and participated in Yoga and meditation groups and worked with Case Manager & Case Manager II to connect with community prenatal doula.	2
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	7 -8	Provided necessary services and necessary services intake to eleven women and one man this quarter. Referrals were accepted by twelve program participants. Women that qualify for the residential program were placed on wait list and receive case management support, advocacy services, and education opportunities.	12
Transportation	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	42	Provides fourteen clients (both residential & outreach) with transportation assistance to and from medical, education, and county appointments. Transportation assistance was provided in the form of rides to and from appointments by Case Manager & Case Manager II.	714 rides

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	7
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	14
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	14
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	4
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	7

Challenges: N/A

Comments: